AppSync Smart Scale
Traditional Paper Manual

Instructional videos and FAQs at the link below.

GREATERGOODS.COM/**0343**

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Warnings

- Never use or allow others to use this unit in combination with the following medical electronic devices:
    - Medical electronic implants such as pacemakers
    - Electronic life support systems such as an artificial heart/lung
    - Portable electronic medical devices such as an electrocardiograph
- This scale passes a harmless and unnoticeable electrical current through your body when taking a measurement. This electrical current is not felt while using the scale. This unit may cause the abovementioned medical devices to malfunction.
- This product is not intended for use by pregnant women.
- This product is not intended for use by infants, toddlers, and children under 10 years of age.
- Do not step on the edge of the scale while getting on or off–otherwise it may tip.
- Do not jump on scale.
- Protect scale from hard knocks, temperature fluctuations, and heat sources that are too close (e.g. stoves, heating units).
- Do not drop scale or drop any objects on it, as this may damage the sensors.
- Do not step or stand on the scale when your body and/or feet are wet–for example, after taking a shower.
- Do not step on the scale when the surface is wet. There is a danger of slipping.
- Please be aware that the measurements obtained from this body analysis scale represent only an approximation.
- Do not step on this scale if you weigh more than 400lbs.
- Place the scale on level flooring–otherwise it may tip.
- Clean the scale with a slightly damp cloth. DO NOT immerse the scale in water or use chemical/abrasive cleaning agents.
- Do not heat or deform the batteries or dispose of them in fire. Batteries should not be disposed of with household waste. Please check with your local authority for battery recycling advice.

Introduction

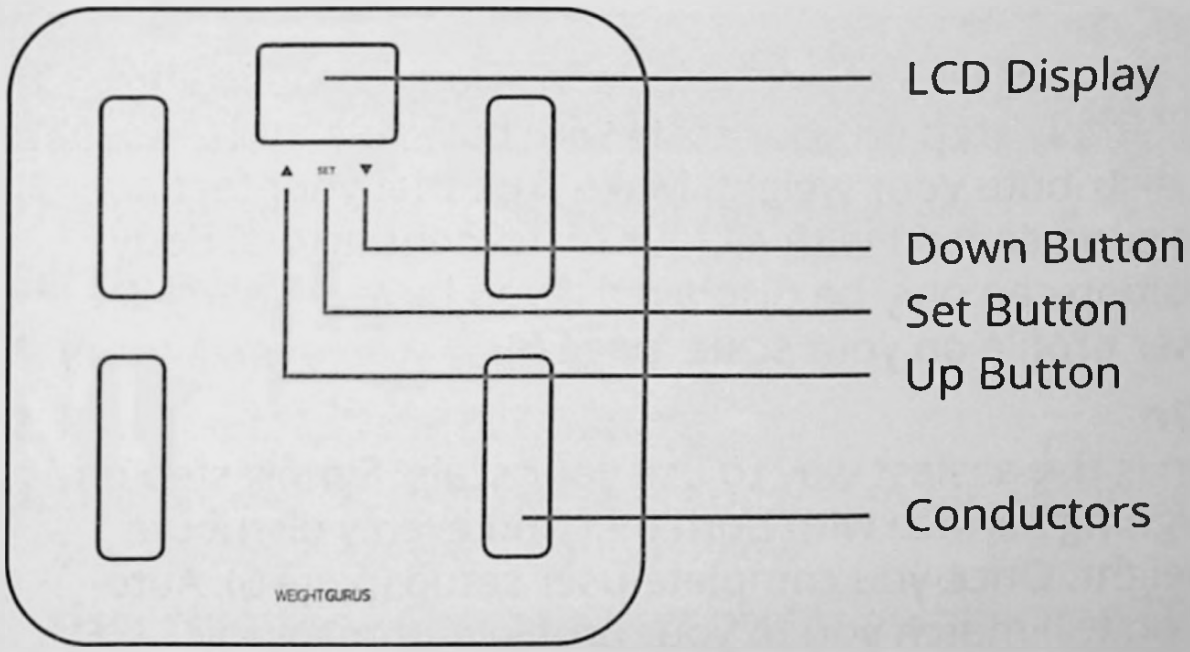
Welcome to your new Weight Gurus Scale.

Being healthy is worth the effort! That's why we've designed the Weight Gurus Scale to be more than just another scale. It's a beautifully designed, fully featured body composition scale that, when desired, connects to the power and convenience of your smartphone. This lets you track your progress over time, helping you stay motivated and reach your goals.

OUR PROMISE

We're committed to creating 5-star products. If we haven't delivered on our promise, please contact us. For the best possible experience with your product, please visit *greatergoods.com/**0343***.

Scale Description

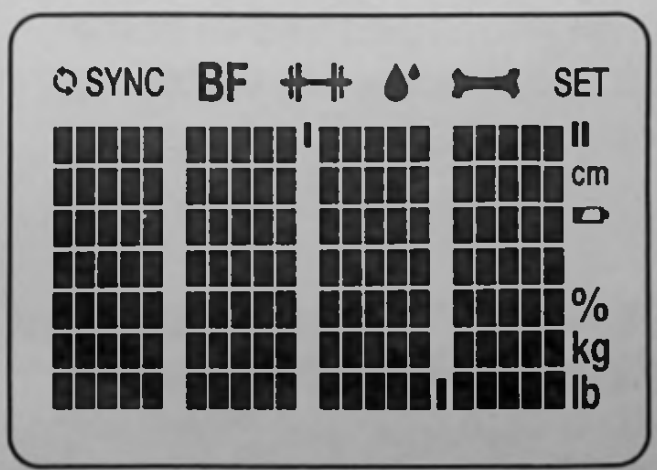


Measuring Units: lb (pounds), kg (kilograms)

Setting The Measuring Unit

By pressing the UNIT button on the back of the scale, you can switch between lb (pounds) and kg (kilograms).

Display Icons



SYNC	Sync with phone (p. 7)
BF	Body Fat (Results p. 8-9)
	Muscle Mass
	Water Weight
	Bone Mass
SET	Scale Set Up
	Low Battery

Measuring
Measuring your weight and calculating body composition is easy. Simply step on your scale with bare feet and evenly distribute your weight. Make sure that your feet are making good contact with all four metal conductors. Body composition can only be displayed if you have properly set up a user profile on your scale (page 6).

Auto-On
Auto-on is the easiest way to use your scale. Simply step on the weighing surface with both feet and evenly distribute your weight. Once you complete user setup (page 6), Auto-Detection will match you to your profile automatically. If no match is made to a user profile, then the scale will only display your weight information. Body composition calculations require specific variables such as your height, gender, and activity level, so a user profile must be set up in order to display those measurements.

Auto-Detection
Once a profile has been set up, your scale will automatically match you to your correct profile by weight. The scale determines who the user is by a range of 10lbs and in some cases a conflict may arise if two or more users are within 10lbs of each other (see "Troubleshooting" for resolving an auto-detection conflict).

Press-Awake
Another easy way to turn on your scale is to briefly step on, then off the weighing area of your scale. "Press-Awake" allows you to enter setup mode to create or edit a new user (see User Setup, page 6). If needed, it also allows you to select your user profile manually.

User Setup

IMPORTANT: Place your scale on a hard, flat surface, and be ready with bare feet to record your first weight entry on the last step.

This scale can be customized for up to 8 users.

Set Up A User

1. Press-Awake your scale ON.

2. Press and hold the SET button.

3. Use ▲ and ▼ to make selections, then tap SET to select and continue for each option below:

User Number – Choose a user profile number, tap SET

Athlete Mode – An athlete is defined as a person who is involved in intense physical activity approximately 12 hours per week and who has a resting heart rate of approximately 60 beats or less per minute. Select the option that best fits you, tap SET.

Height – Select your height, tap SET

Age – Select your age, tap SET

YOU MUST NOW WEIGH TO RECORD YOUR INITIAL WEIGHT ENTRY

Weight – Step on the scale with bare feet, evenly distributing your weight. Make sure that your feet are making good contact with all four conductors.

NOTE: At any time in the setup process, if you have to leave or the screen shuts off due to inactivity, simply start over from step number one above.

Sync With Your Scale

Syncing results to your device is easy! Simply follow these steps:

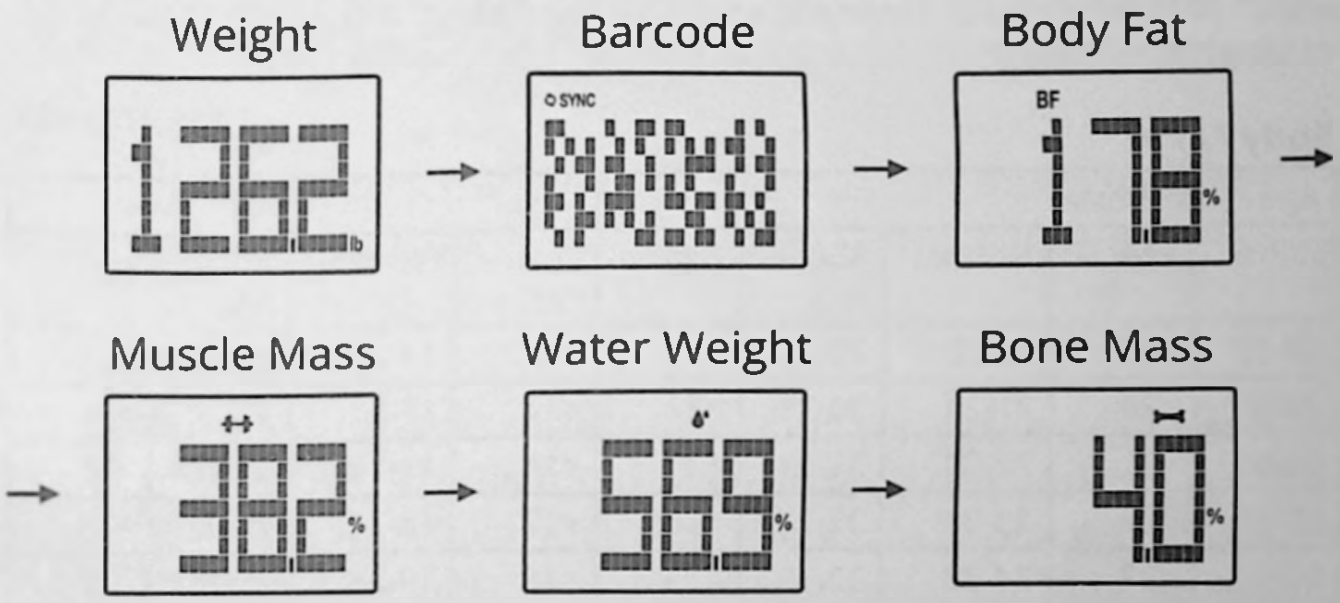
1. Download the **Weight Gurus App**.

2. Step on the scale with bare feet, evenly distributing your weight. Make sure that your feet are making good contact with all four metal conductors. Make sure the app is open.
3. After the scale completes measuring, your barcode will automatically display after showing you your results.
4. Select AppSync from the side menu in the app to activate your in-app camera.
5. While standing on the scale, hold your phone comfortably at waist level with the camera focused on the barcode.
6. Done! The weigh-in data will then transfer to your device.

NOTE: If necessary, lean the camera to the side when scanning to avoid direct glare from overhead lights. If a bright reflection is blocking your view of the barcode, the scanner may not detect your results.

Reading Your Results

Once you have properly weighed yourself, the scale will cycle through the measurements it has calculated for you.



For Best Results

- Remember to place your scale on a hard, level surface (not carpet). Step on the scale with bare feet, evenly distributing your weight. Make sure that your bare feet are making good contact with all four metal conductors.
- Wearing socks during weighing will result in incorrect body composition measurements.
- It's important to follow a routine. We recommend weighing daily around the same time each day. Alternatively, you can weigh weekly. When weighing weekly we recommend weighing on the same day each week.
- Weighing under the same conditions will help ensure accurate results. Weight can vary due to different clothing selections, weighing at different times of day, weighing before or after meals, etc. Following a routine will help achieve accurate results.

Typical Results

NOTE: Keep in mind that you know your body best. The following ranges of Body Fat %, Water Weight %, Muscle Mass %, and Bone Mass % are offered only as guides. The best way to understand your body composition is to watch for changes. For example, watch to see how your body fat is going up or down over time.

Body Fat %

Age	Female				Male			
	Low	Normal	Above Avg.	High	Low	Normal	Above Avg.	High
20-29	<19	20-28	29-31	>31	<13	14-20	21-23	>23
30-39	<20	21-29	30-32	>32	<14	15-21	22-24	>24
40-49	<21	22-30	31-33	>33	<16	17-23	24-26	>26
50-59	<22	23-31	32-34	>34	<17	18-24	25-27	>27
60+	<23	24-32	33-35	>35	<18	19-25	26-28	>28

Water Weight %

	Body Fat %	Water %
Male	4 - 14%	63 - 70%
	15 - 21%	57 - 63%
	22 - 24%	55 - 57%
	25 and over	37 - 55%
Female	4 - 20%	58 - 70%
	21 - 29%	52 - 58%
	30 - 32%	49 - 52%
	33 and over	37 - 49%

Muscle Mass %

Female	Approx. 30%
Male	Approx. 40%

Bone Mass %

	Female			Male		
Weight	<100	100-135	>135	<135	135-165	>165
Bone	3.9	4.1	4	4	4.4	4.2

Troubleshooting

Low Battery

A low battery symbol is displayed when the batteries need to be replaced. Open the battery door on the back of the scale and remove and replace the batteries with four AAA batteries.

Overload

Err Overload occurs when the scale has too much weight (Capacity: 400lb / 180kg). Please remove the weight on the scale to protect the scale sensors.

Measuring Error

If the scale has trouble measuring your weight, it will show "Err" and turn off. This is most likely due to not settling on the scale fast enough. Make sure that the scale is placed on a hard, flat surface (not carpet), and you distribute your weight evenly while holding still.

Failed To Auto-Detect Your User Profile While Weighing

The weight data is shown only and the scale will turn off after a few seconds. Please manually select your number and measure once again (Press-Awake, select user number, tap SET).

Resolving An Auto-Detection Conflict

An auto-detection conflict will occur if two or more users are within 10lbs of each other. When an auto-detection conflict occurs, your scale will give you a chance to select your profile number manually. Use the arrows to select your profile, tap SET, and step on the scale. The scale will now proceed measuring for the profile you have selected.

How Do I Clear A User Profile?

First, Press-Awake the scale on, then press and hold SET. Now, select the user to delete and press SET. Once selected, press the up arrow to change Clr to "Y." Now press SET to clear the user. The user is now removed.

Cleaning, Maintenance, and Disposal

Cleaning

Your scale is not waterproof. Never immerse the scale in water or place it in a dishwasher. To clean the scale platform, use a soft, slightly damp cloth or sponge. For stains or other residue, use a mild dishwashing soap. Never use harsh cleaners or treated cloths.

Changing the Batteries

Your scale uses 4 AAA batteries. To change the batteries, open the battery door on the bottom of the scale, remove the old batteries, and replace them with the + end oriented as shown in the battery compartment.

Disposal

Batteries should be disposed of separately from household waste. Dispose of this device and batteries in accordance with your local regulations.

Technical Specifications

Weight unit: lb / kg
Capacity: ~400lb / 180kg
Division: 0.1lb / 0.1kg
Minimal weight: 5kg
Function keys: ▲, SET, ▼
Display: LCD Display
Batteries: 4 AAA
User No.: 8
Age range: 10 - 85
Stature range: 3 ft 3 inches - 7 ft 3 inches / 100-220cm
Measurements calculated: Body weight, body fat, water weight, muscle mass, and bone mass
Working temperature: 5°C–40°C
Working atmospheric pressure: 86kPa to 106kPa
Storage temperature: -20°C–60°C
Storage atmospheric pressure: 50kPa to 106kPa
Working and Storage humidity: ≤90% RH
Protection against ingress of water: IP21
Battery Life: 153 days by using 3 times a day, 1 minute each time.
Software version: A09
Degree of protection: Type BF applied part
Indications For Use: The Weight Gurus AppSync Body Composition Scale measures weight and uses bio-electrical impedance analysis (BIA) technology to estimate body fat, total body water percentage, bone mass, and muscle mass in generally healthy children 10-17 years old and healthy adults. It is intended for use in the domestic setting only.

EMC Guidance

Table 1

Guidance and manufacturer's declaration – electromagnetic emissions	
EMISSIONS TEST	**COMPLIANCE**
RF Emissions CISPR 11	Group 1
RF Emissions CISPR 11	Class B
Harmonic emissions IEC 61000-3-2	Not applicable
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable

Table 2

Guidance and manufacturer's declaration – electromagnetic Immunity		
IMMUNITY TEST	**IEC 60601-1-2 TEST LEVEL**	**COMPLIANCE LEVEL**
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4kV, ±8 kV, ±15 kV air
Electrical fast transient/burst IEC 61000-4-4	Not applicable	Not applicable
Surge IEC61000-4-5	Not applicable	Not applicable
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	Not applicable	Not applicable
Power frequency magnetic field IEC 61000-4-8	30 A/m 50Hz/60Hz	30 A/m 50Hz/60Hz
Conduced RF IEC61000-4-6	Not applicable	Not applicable
Radiated RF IEC61000-4-3	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz
NOTE: U_T is the a.c. mains voltage prior to application of the test level.		

Table 3

Guidance and manufacturer's declaration – electromagnetic Immunity						
Radiated RF IEC61000-4-3 (Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment)						
TEST FREQUENCY (MHZ)	**BAND (MHZ)**	**SERVICE**	**MODULATION**	**MODULATION(W)**	**DISTANCE(m)**	**IMMUNITY TEST LEVEL (V/M)**
385	380-390	TETRA 400	Pulse modulation b) 18Hz	1.8	0.3	27
450	430-470	GMRS 460; FRS 460	FM c) ± 5kHz deviation 1kHz sine	2	0.3	28
710	704-787	LTE Band 13,17	Pulse modulation b) 217Hz	0.2	0.3	9
745						
780						
810	800-960	GSM 800/900; TETRA 800; iDEN 820; CDMA 850; LTE Band 5	Pulse modulation b) 18Hz	2	0.3	28
870						
930						
1720	1700-1990	GSM 1800; CDMA 1900; GSM 1900; DECT; LTE Band 1,3,4,25; UMTS	Pulse modulation b) 217Hz	2	0.3	28
1845						
1970						
2450	2400-2570	Bluetooth, WLAN 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation 217Hz	2	0.3	28
5240	5100-5800	WLAN 802.11 a/n	Pulse modulation 217Hz	0.2	0.3	9
5500						
5785						

Label Information

	Symbol for "Operation Guide Must Be Read"		Symbol for "Manufacturer"
	Symbol for "Type BF Applied Parts"		Symbol for "Direct Current"
	Symbol for "Manufacture Date"		Symbol for "Environmental Protection" – Waste electrical products should not be disposed of with household waste. Check with your local authority for recycling advice. Please recycle where facilities exist.
SN	Symbol for "Serial Number"		

Caution: Please be aware that this device is designed for self-measuring and self-monitoring. Any information provided by this device is in no way meant to treat, cure, or prevent any disease or illness. Do not use this device if you are acutely or chronically ill, diagnosed with a disease, or taking medications that affect water levels; the readings for these patients have not been verified. Specific medical advice should be obtained from a trained physician. Please note that the use of accessories or external cables near the scale may result in increased emissions or decreased immunity of the device. Portable and mobile RF communications equipment can affect measuring accuracy. For your safety, do not use this device adjacent to or stacked on top of other equipment. Do not touch the batteries when using the scale. Do not attempt to make any modifications to this device. Be aware that misuse of electrical components can cause electric shock, burns, fire, and other hazards. Do not use this device in flammable gas environments. The device is not intended for use in an oxygen-enriched environment.

During use, the user will contact the upper surface of the scale (including electrodes).
The upper surface of the scale (including electrodes) is considered as a Type BF applied part.

FCC Information

Radio Frequency Interference Requirements - FCC
Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna;
- Increase the separation between the equipment and receiver;
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected;
- Consult the dealer or an experienced radio / TV technician for help.

Radio Transmitters (Part 15)
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Manufacturer's Warranty

Activate Your Warranty
Please visit *greatergoods.com/**0343*** to activate your product's warranty and access to lifetime product support.

Your scale is warranted by the manufacturer against defects in materials and workmanship for five (5) years from the original purchaser from the date of purchase. Proof of purchase is required.

The warranty is void if the product has been subjected to mechanical damage or mistreatment, such as immersion. This warranty is in lieu of all other warranties, and limits the liability of the manufacturer. This warranty gives you certain legal rights and you may have other rights depending on which state the product was purchased in.

If your scale is defective, please contact Greater Goods, LLC.

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Manual version: V08

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